



# Eve's Tasty Turkey Tetrazzini



**SERVES 8**

## INGREDIENTS:

- 8 oz whole-wheat fettuccine, spaghetti, macaroni, or other noodles
- 4 tbsp light butter, unsalted
- 2 cups mushrooms, sliced (fresh or canned)
- 1 tsp dried thyme
- ½ cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 1½ cups low-fat milk
- 4 cups chopped cooked turkey
- ½ cup slivered almonds, toasted
- 1 cup peas, frozen
- ¼ cup grated Parmesan cheese

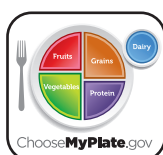


## INSTRUCTIONS:

1. Preheat oven to 400 °F. Lightly grease a 9x9-inch baking dish.
2. Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.)
3. While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
4. Stir in flour until well blended. (Note: Start with ⅓ cup flour and add more, if needed.)
5. While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until sauce is thickened and smooth, about 5 minutes.
6. Add toasted almonds, frozen peas, and cooked pasta. Gently mix together. Pour into the baking dish and sprinkle with Parmesan cheese.
7. Bake until the sauce is bubbling and the cheese is golden brown, 25-35 minutes. Let cool 15 minutes before serving.



## My Recipe Details (per portion)



**Total Calories 342 Calories**

### Food Groups

Grains	1½ oz
Vegetables	½ cup
Dairy	¼ cup
Protein	2 oz

### Nutrient Info

Carbohydrate	35 g
Dietary Fiber	6 g
Saturated Fat	4 g
Cholesterol	64 mg
Sodium	148 mg

Nutrition analysis by SuperTracker.usda.gov